



Tulare County Employee Wellness Program

Cold/Flu & Immunizations



SEPTEMBER 2014 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Onsite Class: "Balloterapia" HR&D—Testing Rm. 203	3 Weight Watchers At Work Week #1 Visalia Gov't Plaza RMA Main Conference Room	4 Weight Watchers At Work Week #1 P'ville Gov't Plaza Orange/Tangerine Room	5
8	9	10 Health Video: 2 Videos Regarding Flu Vaccines CDC Weight Watchers At Work Week #2 Visalia Gov't Plaza RMA Main Conference Room	11 Weight Watchers At Work Week #2 P'ville Gov't Plaza Orange/Tangerine Room	12
15	16	17 Weight Watchers At Work Week #3 Visalia Gov't Plaza RMA Main Conference Room	18 Weight Watchers At Work Week #3 P'ville Gov't Plaza Orange/Tangerine Room	19
22	23	24 Webinar: "Vaccine Scene Investigations" CDC Weight Watchers At Work Week #4 Visalia Gov't Plaza RMA Main Conference Room	25 2014 Health Fair Visalia Convention Center Weight Watchers At Work Week #4 P'ville Gov't Plaza Orange/Tangerine Room	26

Onsite Fitness Class: “Bailoterapia”

Bailoterapia is a new way of reaching wellness and finding balance through dance. It is practiced in groups and it is a mix of aerobic exercises and dance steps to Latin style music such as salsa, cumbia, merengue, and others. It is a great anti-stress therapy that helps to improve physical fitness by toning the legs and increasing cardio in a progressive manner. It is estimated that 1 hour of this class burns close to 900 calories. It is recommended that participants check with their doctor before starting any type of physical activity program.

To **register**, click on the link: [Bailoterapia Class Registration](#)

Time: **5:15—6:15 PM** Date: **September 2, 2014**

This class will be held at Human Resources & Development located at 2900 W. Burrel in the Testing Room 203.

Health & Wellness Fair

“Create Your Wellness Bucket List”

THE FAIR IS OPEN TO ALL TULARE COUNTY EMPLOYEES WHO MAY ATTEND ON 2 HOURS OF COUNTY PAID TIME, BASED ON YOUR DEPARTMENT'S STAFFING NEEDS.

**SEMINARS: PERSONAL SAFETY
FINANCIAL WELLNESS
OPEN ENROLLMENT MEETINGS**

**DATE: SEPTEMBER 25, 2014
TIME: 8:00 AM — 4:00 PM
PLACE: 303 E. ACEQUIA AVE**

**DEMONSTRATIONS:
TAI CHI, BAILOTERAPIA &
SHERIFFS K-9 UNIT**

**DONATE BLOOD
FLU SHOTS**

**BLOOD PRESSURE CHECK
BMI & BODY FAT %
GLUCOSE TESTING
FREE MASSAGE
AND MORE!**

Health Videos: Flu Vaccine Info

Cold and flu season is almost here. Watch this 7 minute video to learn from the experiences of several families, why the Flu vaccine matters.

Date: **September 10, 2014** Available for viewing between **8AM-5PM**

Click on the link to watch video: [CDC: Why the Flu Vaccine Matters](#)

In this 10 minute video, Dr. Joe Bresee addresses questions and misconceptions about the flu and the flu vaccine.

Date: **September 10, 2014** Available for viewing between **8AM-5PM**

Click on the link to watch video: [CDC: Misconceptions about the Flu Vaccine](#)



Webinar: “VSI—Vaccine Scene Investigations”

Stopping serious diseases before they start is what “Vaccine Scene Investigation” is all about. This 4 minute video shows the importance of vaccinating against diseases such as Influenza, Pneumococcus, Herpes Zoster, aka Shingles and Tetanus, Diphtheria and Pertussis.

Date: **September 24, 2014**

Available for viewing between **8AM-5PM**

Click on the link to watch video: [Vaccine Scene Investigation](#)

Are you up to date on your vaccinations? Click on the web button on the right to take the quiz today:

